

## Newham's Vaccine Schedule: 17 April to 30 April 2023

Clinics marked with \* can accept walk-ins subject to availability. All other clinics require booking via the NHS website [www.nhs.uk/covidvaccination](http://www.nhs.uk/covidvaccination).

It is not too late to get your COVID-19 vaccine. Everyone aged 5 and over can still get their first and second COVID-19 vaccines without judgement until 30 June 2023. If you or someone you know has not yet had their vaccines, now is your chance to get vaccinated and protect yourself from getting seriously ill from COVID-19.

You will get your 2<sup>nd</sup> dose 8 weeks after your 1<sup>st</sup> dose (12 weeks if 5-17 yrs) but not earlier.

**Spring vaccinations (boosters) start on 17<sup>th</sup> April 2023.** People aged 75 years and over, people living in care homes for older adults, and those with a weakened immune system are eligible for the spring vaccine (booster). Find out more about who is eligible on the NHS website.

General Practices				
Where	Day	Time	Neighbourhood	Vaccine Type
Essex Lodge	Wednesday	9am to 4pm*	Plaistow	Booster (75+yrs)
	Thursday	9:15am to 12pm*		Pfizer (12+yrs)
	Friday	9am to 4pm*		Booster (75+yrs)
Sir Ludwig Guttman Medical Centre	Tuesday	9am to 12:30pm	Stratford	Pfizer (12+yrs)
				Booster (75+yrs)
	Friday	9am to 1:30pm		Pfizer (12+yrs)
				Booster (75+yrs)
Woodgrange Medical Practice	Monday	8am to 6pm *	Forest Gate	Pfizer (5+yrs) Booster (75+yrs)
	Wednesday			
	Friday			
	Saturday	10am to 1pm*		

Pharmacies		
Where	Day	Neighbourhood
Boots Armada Way	Monday – Sunday	Beckton
	Please check directly: 020 7474 6845	
Duncans Pharmacy	Tuesday – Saturday	Manor Park
	Please check directly: 020 8472 1555	
Royal Docks Pharmacy	Monday – Sunday	West SilverTown
	Please check directly: 020 7511 9545	

You can get your COVID-19 vaccine as soon as you recovered from COVID-19 or feel better. If you have COVID-19, or think you might have, wait until you feel better before getting vaccinated. You should also wait if you have a high temperature or feel particularly unwell with this illness. If you have recently got better from COVID-19, there is no delay to getting vaccinated.

Most GPs and local pharmacies offer flu and childhood immunisations such as Polio and MMR. Please contact your GP or local pharmacy to find out more and what they are able to provide.

To find out more: [www.newham.gov.uk/bookyourvaccine](http://www.newham.gov.uk/bookyourvaccine)

Questions? Request a conversation with a Vaccine Peer Supporter [covidhealthchampions@newham.gov.uk](mailto:covidhealthchampions@newham.gov.uk)